Spiritual Living (Adhyatmik Jeevan Japana)- Company of Saints (Satsanga)

Volume - 28 (Lesson - 17)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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P.O/DIST: - BOLANGIR (ODISHA), PIN - 767 001.

PRAYERS

धीयो यो न: प्रचोदयात्

May That Supreme Being impel our intellect
towards the right path.

असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।।

Lead us from unreal unto Real,
Lead us from darkness unto Light,
Lead us from death unto Immortality.

आ नो भद्रा: क्रतवो यन्तु विश्वत:

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नम: ।।

I prostrate to that Sadguru, Who opens, with the
Collyrium-stick of Knowledge, the eyes of him who
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ।।
ॐ शान्ति: शान्ति: शान्ति: ।

May He (The Supreme Being) protect us both (the teacher
and the taught). May He cause us both to enjoy the bliss of
Mukti (liberation). May we both exert to find out the true
meaning of the scriptures. May our studies be fruitful.
May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।
सवेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ।।

May asupiciousness be unto all,
May peace be unto all,
May fullness be unto all,
May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ।।

May all be happy,
May all be free from disabilities,
May all behold what is auspiciousness,
May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ।।

Om ! That (Brahman) is full. This (Universe) is Full.
From That (Brahman) Full, this (Universe) Full has come.
When this (Universe) full is taken from That (Brahman) full,
It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !
Peace be to the North ! Peace be to the South !
Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Life Building Science

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Lesson No. - 17
Spiritual Living
Company of Saints (*Satsanga*)

The seventeenth lesson is **"Company of Saints (*Satsanga*)".**

Meaning : - *Satsanga* means association with *Rishis, Munis,* Saints, Sages, Yogis and Holy persons and keeping company with them.

Necessity : - *Satsanga* with *Rishis, Munis,* Saints, Sages, Yogis and Holy persons aids and enhances the effectiveness of the spiritual practices or *aadhyatmik sadhana* of the spiritual disciples. Therefore, *satsanga* or association with such persons is necessary.

Importance : - The household spiritual disciples confine their daily spiritual practices or *aadhyatmik sadhana* generally to morning hours and evening hours for some short period. Thereafter, they keep themselves fully busy in their day-long material pursuits and worldly enjoyments. They keep themselves so much immersed in such pursuits that they forget God and their spiritual practices or *aadhyatmik sadhana* during the entire day due to the terrible influence of *Maya* in this *Kali Juga* or Iron Age. And because of such long-time engagement in secular pursuits, when they sit for their morning and evening time spiritual practices or *aadhyatmik sadhana,* they can not easily withdraw their mind from worldly thoughts and bring it back to God and therefore, they can not perform their spiritual practices or *aadhyatmik sadhana* effectively. Therefore, their morning time and evening time spiritual practices or *aadhyatmik sadhana* become dry instead of lively.

In this circumstance, our Holy ancient Spiritual Scriptures and our *Rishis, Munis,* Saints and Sages advise the spiritual disciples to do regular *satsanga* (keeping company of saints)

for some time daily by association with *Rishis, Munis,* Saints, Sages, Yogis and Holy Persons. In addition, the disciples should also listen to their discourses on various spiritual topics, holy scriptures, etc.

Benefits:- The household spiritual disciples will derive three main benefits from *satsanga*. The first benefit is that they will acquire knowledge on spiritual and religious matters from the *Rishis, Munis,* Saints, Sages, Yogis and Holy Persons. The second benefit is that *satsanga* will keep them spiritually charged; awaken and remind them of their supreme goal of life; strengthen their faith, devotion, love, sincerity and earnestness in spiritual practices or *aadhyatmik sadhana*; inspire, encourage and impel them for performing their spiritual practices or *aadhyatmik sadhana* regularly and that too in a lively manner, earnestly, sincerely, faithfully, devoutly and effectively; and also help them to keep God-remembrance frequently throughout the whole day amidst their hectic secular activities. The third benefit is that during the *satsanga* period their mind will remain occupied in the thought of God and spiritual matters instead of in secular matters, and thus, the time utilised by them in *satsanga* will become a part of their spiritual practices or *aadhyatmik sadhana*.

Source of detailed knowledge: - For acquiring detailed/ further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas, Upanishads, Bhagavad Gita, Patanjali Yoga Sutras, Manu Smriti, Mahabharata, Ramayana, Granth Sahib, Koran, Bible, Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis, Munis,* Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 17, volume no. 13.

Questions

1. What is the meaning of *Satsanga* ? (Marks - 5)
2. What is the necessity of *Satsanga* ? (Marks - 5)
3. What is the importance of *Satsanga* ? (Marks - 5)
4. What are the main benefits of *Satsanga* ? (Marks - 5)

Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

NOTE

List of Complete Publications and Videos of the Author

A. Publications

Students related publications

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

Teachers related publications

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

Other publications

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Type <Mohan Lal Agrawal> in the field "Creator"
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B. Videos

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-https://www.youtube.com/channel/UC_engDs JG4yfEEM6e9U QuEA); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled “Students’ Awareness Programme”, is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_ 8o5OiigWI0owZQ).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- https://www.youtube.com/channel/UCRKu88g4_ 8o5OiigWI0owZQ).